

Low-Carb Holiday Berry Pavlova

Hands-on 15 minutes Overall 4-5 hours



Nutritional values (per slice): Total carbs: 9 g, Fiber: 2.8 g, **Net carbs: 6.2 g**, Protein: 4.5 g,
Fat: 18.3 g, Calories: 223 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 8 servings)

- 6 large egg whites
- 1/2 tsp [cream of tartar](#) or 1 tsp apple cider vinegar
- 1/2 + 1/4 cup [powdered Erythritol](#) or [Swerve Confectioners](#) (120 g/ 4.2 oz)
- 1 1/2 cup heavy whipping cream or whipped [coconut milk](#) for dairy-free (360 ml/ 12 fl oz)
- 1 tbsp sugar-free [vanilla extract](#) or 1 tsp [vanilla bean powder](#)
- 1 cup each fresh strawberries, raspberries, blackberries (425 g/ 15 oz)
- 1/2 cup fresh wild blueberries (75 g/ 2.7 oz)
- 3 squares [85% dark chocolate](#), grated (15 g/ 0.5 oz)

Instructions

1. Preheat the oven to low, 135 °C/ 275 °F (fan assisted), or 155 °C/ 310 °F (conventional). Crack the eggs and separate the egg whites from the egg yolks. Place the egg whites into a large clean bowl or a mixer.
2. Start beating the egg whites on medium-low speed. Continue for about 2 minutes until the whites become foamy. Then, add the cream of tartar (or apple cider vinegar).
3. Add the 1/2 cup powdered Erythritol, a tablespoon at a time. Keep beating until they reach a stiff-peak and glossy stage.
4. Spoon the mixture on a tray lined with parchment paper or a non-stick mat and create a round 9-inch/ 23 cm meringue. Using a spoon or spatula, build up the sides of the meringue into a nest shape so that it can hold the whipped cream and berries once it's baked.
5. Place in the oven in the middle section. Bake at 135 °C/ 275 °F (fan assisted), or 155 °C/ 310 °F (conventional) for 15 minutes.
6. Then, turn the temperature down to 100 °C/ 210 °F (fan assisted), or 120 °C/ 250 °F (conventional) and cook for another 2 hours. After 2 hours, turn the oven off and keep the meringue in for

another 1-2 hours or overnight. This will help the meringue dehydrate and get crispy.

7. When the oven cools down completely, remove the meringue from the oven. Make sure it is cooled before adding the topping.
8. Meanwhile, whip up the cream. Add the vanilla extract and the remaining 1/4 cup Erythritol. Fill the meringue nest with the vanilla cream and top with berries (raspberries, blackberries, blueberries and sliced strawberries). Serve immediately.

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